



Salisbury Parks & Recreation Department

MISSION STATEMENT

*To provide quality leisure services through safe, attractive, maintained parks
and diversified programs that meet the current and future needs of the community.*



2005 BROCHURE

City Park Center
704-638-5295

Hall Gym
704-638-5289

Marketing & Community Relations
704-638-2113



Civic Center
704-638-5275

Miller Center
704-638-5297

Administration
704-638-5291



Call 704-216-PLAY for program information
Visit our website at www.SalisburyNC.org/PkRec

SPECIAL EVENTS

N.C. Cyclo-Cross Series Race #1

Coordinator: Kerry Shields

Salisbury Parks and Recreation welcomes the N.C. Cyclo-Cross Series back to Salisbury Community Park for the first race of the Season! What is Cyclo-Cross? Cyclo-Cross is the steeplechase of cycling usually held in a city park around an approximate 1 mile course on grass, trails, with a little bit of pavement. Also, a few man made and natural obstacles are added. An event for all skill levels and a great family event. One of the safest cycling event and fastest growing in the U.S. Races last 30, 45 & 50 minutes long. This is a U.S. Cycling Federation sanctioned event with a 1 day license available at the race. Bring the family, bikes or even a tailgate lunch and come see the world of cyclo-cross racing.

Date: Sunday, 10/23

First race begins at 11 a.m.

Entry fees for race: kids 10 & under free

Jr. and adult divisions are \$15 & \$20

(one day license required and can be obtained at the event)

Location: Salisbury Community Park
935 Hurley School Rd.



"Threads of Time" Quilt Show

Rowan Salisbury Quilting Guild

The Salisbury Civic Center in partnership with the Rowan Salisbury Quilting Guild invites you to be part of the "Threads of Time" Quilt Show. Priceless traditional and contemporary quilts from the Quilting Guild's club members will be judged and will be open for public viewing on Friday & Saturday, October 21 & 22. Vendors & boutiques from the area will also be on hand for the show. Don't miss out on this exciting show to see the remarkable beauty of quilting!

Schedule of Events:

Tuesday, 10/18

Quilt Entries 9 a.m. - 12 noon

Wednesday, 10/19

Quilt judging 9 a.m. - 3 p.m.

Thursday, 10/20

Reception 5-7 p.m.

Friday, 10/21

Quilt Showing 10 a.m. - 6 p.m.

Saturday, 10/22

Quilt Showing 10 a.m. - 5 p.m.

Quilt Show Admission
(Friday & Saturday) \$4.00

Halloween FunFest 2005

This event is for the whole family. Come enjoy games, food, entertainment and much more as we kick off and event you surely don't want to miss! Join us as we turn Downtown Salisbury into a FunFest for everyone.

Date: Saturday, 10/29 3-6 p.m.



"A Night of Silver Bells" Salisbury Civic Center

Come and listen to the sounds of the holiday season as local and area Hand Bell Choirs fill your holiday spirit with joy and peace. This special holiday event is open to the public, so bring your entire family out and enjoy a "Night of Silver Bells". Theatre style seating is on a first come first serve basis so come early.

***AREA CHURCHES & BELL CHOIRS - If your bell choir is interested in playing in our holiday event RSVP by calling Paul Moore at 704-638-5275.

Date: Thursday, 12/8 6-8:00 p.m.

Admission: free with canned food donation or make a cash donation to support Rowan Helping Ministries of Salisbury.

Kwanzaa Celebration at Miller Center

Kwanzaa is a holiday that celebrates family, community and culture. Join us on our journey as we explore ancient and living African traditions. This community celebration will be a refreshing experience for all. Community groups, volunteers, and performers are needed.

Limited vendor spaces are available.

Contact us at 704-638-5297

Date: Tuesday, 12/27 & Wed., 12/28
6-7:30 p.m. no charge

Tree Lighting Ceremony at City Park Lake

Come out to the City Park Lake for the annual Tree Lighting Ceremony. This is a fun time to join family and friends at the lake for holiday carols and the lighting of the City Park tree. What a wonderful way to kick off the Holiday season!

Date: Friday, 12/2 6-6:30 p.m.
no charge

*Classes arranged by center location,
date, and youth, or adult/family.*

CITY PARK CENTER

704-638-5295

Jeff Holshouser

Talita McCain

YOUTH PROGRAMS

After School Program

City Park Center offers one of the best after school programs in town! If you need a safe and fun place for your children to go after school until you get off of work - give us a call! We will provide assistance with homework, arts & crafts, outdoor activities, field trips, and lots of fun and games. Sign up today and give us a try! Space is limited.

Dates: Mon. - Fri. during school year
8/25-6/8 2:30 - 5:30 p.m.

Cost: \$20 wk./city \$40 wk./non-res.

Tae Kwon Do Martial Art Classes

Instructor: Joe Girdler

The art is comprised of fighting techniques that use punching kicking, joint locking and throwing, as well as vital point nerve striking techniques. Students learn how to defend against unarmed opponents, multiple attackers and threats from armed attacks. Students will learn foot working as well as striking. These classes are for boys & girls ages 5 & over.

Registration: on going

Must have at least 5 participants to register by 8/26 for class to begin on 9/7.

Dates: Mon. & Wed., 6-7:30 p.m.

Cost: \$40 mo./city (2 classes per wk.)

\$80 mo./non-res.

\$25 mo./non-res. (1 class per wk.)

\$50 mo./non-res. (2 classes per wk.)



Children's Painting Class

Instructor: Denis Koehn

City Park Center is happy to offer a painting class specifically for children ages 8 to 12 years old! This class will incorporate different types of painting techniques including One Stroke Painting and working with acrylics. All supplies will be provided and each child will complete their very own project. Spaces are limited. Sign up today.

Register: one week in advance

Dates: Tuesdays, 9/20 or 10/18

6 - 8:30 p.m.

Cost: \$35 city \$70 non-res. (per class)

Cheer America

Coordinator: Rock Hood

Help your little girl become the best cheerleader she can be! Bring her to City Park for Cheer America. This 12 week program will improve her self-esteem, coordination, and motor skills. Girls will learn basic fundamentals and fun routines while promoting physical fitness, artistic expression, competitive spirit, confidence and poise. This program is open to girl's ages 4-14 yrs. old.

Register on Thursday, 9/22

Registration fee: \$6

Classes held: Thurs., 9/22 - 12/22

6-7:30 p.m.

Cost: \$6 class or \$72 session



Outrageous October Fun Days

City Park is offering the most outrageous fun days of all! There will be great trips and fun activities all day long. Don't miss out on the fun. Register: week in advance
Date: 10/31 7:30 a.m. - 5:30 p.m.
Cost: \$15 day/city \$30 day/non-res.

Schools' Out Fun Days

Kids come to City Park for some exciting School's Out Fun Days. This will be your chance to unwind and enjoy fun games and activities while experiencing exciting trips with friends! The fun is unlimited but spaces are! Grab a friend and sign up today.

Register: 1 week in advance

CALL 704-216-PLAY

For additional program info

Dates: Monday, 10/3 & Friday 11/11
7:30 a.m. - 5:30 p.m.
Cost: \$15 day/city \$30 day/non-res.

Holiday Camp

The best holiday camp in town is at City Park Center. You children will have a great time in a structured and safe environment. Sign up today and don't miss out on the fun! Register by: 12/15
Date: Friday, 12/23 7:30 a.m. - 5:30 p.m.
Cost: \$15 day/city \$30 day/non-res.

New Year's Camp

Bring 2006 in with lots of fun! City Park is hosting the 2005 New Year's Camp! There will be lots of games, arts & crafts, and exciting field trips. Space is limited. Register by: 12/20
Dates: Wed. - Friday, 12/28-12/30
7:30 a.m. - 5:30 p.m.
Cost: \$36/ city \$72/ non-res. (all 3 days)

ADULT PROGRAMS CITY PARK

Over 40 Aerobics

Class conducted via videotape.
Get your heart pumping and your blood flowing. Come to City Park and enjoy the benefits of this low impact aerobic workout. Socialize while you exercise! The best part is it's FREE. Don't wait, Start now!
Registration: on going
Dates: Mon. & Thurs. Sept. - Dec.
9:30 - 10:30 a.m. no charge

Cardinal Squares

Contacts: Jack Cauble
704-633-9147

Paul Walker 704-782-2616

Modern Western Square Dancing will be held on Tuesday evenings from 7:30 - 9:30 p.m. Intro to square dancing will be held starting in Sept. on Thursdays from 7-9 p.m.
Registration: on going
Dates: Tuesdays, Sept. - March
7:30 - 9:30 p.m..

Dog Obedience

Instructor: Ann Frye

Dog owners come out to City Park and let Ann Frye of the Salisbury Police Dept. help you teach your dog some obedience. Ann is a member of the Assoc. of Pet Dog Trainer and actively competes in conformation, agility, and water trials with her dogs. Let Ann help you with your dog. Space is limited. Sign up today.
Dates: Wednesdays, 9/28-11/2
6-6:45 p.m. & 7-7:45 p.m.
Cost: \$30/ city \$60/non-res.

Scrapbook Workshop

Coordinator: Andrea Shuping

Scrapbooking workshop, including instructive "Crop Talk" lessons. Scrapbookers bring their books and supplies to work on. Lunch is provided. Registration must be made at least 4 days prior to workshop dates.

Cost: \$12/ class. Call Andrea to register-
704-637-5086.

Dates: Sat., 9/10, 10/8, 11/12, 12/10
10 a.m. - 3 p.m.

Oil Painting

Instructor: Patricia Miller

Learn the techniques from Bob Ross as seen on TV. Patricia Miller, certified Ross instructor will guide you in creating your very own masterpiece. Space is limited and classes fill up fast. Need to bring 16x20 stretched canvas. Call City Park for more info.

Register: one week in advance

Dates: Saturdays, 9/17, 10/8, 10/22, 11/5 & 11/19, 12/3 & 12/17

10 a.m. - 4 p.m.

Cost: \$25 per class class/city \$50 per class/ non-res.

Knitting Class

Instructor: Sandy Wagoner

Learn knitting basics (includes increase and decrease stitches). All participants will learn purl stitch and how to read a pattern. Participants will make a cotton dishcloth. All materials included in fee.

Register by: 9/30

Class date: Tuesdays, 10/4, 10/11 & 10/18
6:30-8:30 p.m.

Cost: \$40 city \$80 non-res. (all 3 classes)

One Stroke Painting

Instructor: Denise Koehn

Come to City Park and learn "One Stroke" painting as developed by Donna Dewberry and seen on PBS. Learn how to blend, shade, and highlight with one stroke of the brush. You will be amazed at how easy it is, and have a great time completing your very own project. All supplies will be provided. Spaces are limited. Sign up today!

Register: 1 week in advance
Dates: Tuesdays, 9/27, 10/4, 11/1, 11/15 & 12/6

10 a.m. - 12 noon

Cost: \$35 class/city \$70 class/non-res.

Tennis Lessons

Instructor: Richard Reinholz

Call 704-637-2587

Group lessons offered for children and adults. Grab a friend and come learn the sport of tennis.

Registration: on going

Dates: Wed. & Fridays - beginning in September from 5-6 p.m.

Saturdays, 9 a.m. - 10 a.m.

Cost: \$5 city \$10 non-res. per class

\$20 city /\$40 non-res. 1 class per wk. per mo.

\$40 city /\$80 non-res. 3 classes per wk. per mo.

CIVIC CENTER

704-638-5275

Paul Moore

704-638-2115

Kenny Roberts

YOUTH PROGRAMS

Crescent Cloggers

Instructor: Ginger Fagan

This Fall step into some new shoes and join the Crescent Cloggers with Ginger Fagan. This popular clogging group is open to all ages and offers clogging classes at any skill level. With over 13 years of teaching and competitive experience, Ginger instructs a variety of fun clog dance routines that will inspire any age level you can imagine. The Crescent Cloggers perform at various festivals and outings throughout the year so it's fun for everyone. Sign up today and enjoy the ultimate clogging experience.

Beginner Classes: open to any age. This class is broken down into rhythm, basic clogging steps and routines so that it may be easily learned in a comfortable atmosphere.

Intermediate Classes: Open to any age. This class refines clogging into more fun steps and dances.

Advanced: This class is geared at a faster pace for the real energetic type.

Open registration

Class dates: Wednesdays, beginning Sept. 7 through December 28 (no class 10/19)

Intermediate: 5:30 p.m.

Advanced: 6:00 p.m.

Beginner: 6:30 p.m.

Cost: \$4 person/city/month

\$3 person/city/2 or more persons

\$8 person/non-res/month

\$6 person/city 2 or more persons

Decorative Crafts for the Holidays

Instructor: Connie Foss

Creative outlet for kids. Parents can drop off their child or stay and enjoy quality time with the entire family. We have molds to accommodate all ages. Pick and paint your own holiday plaster craft. Paint, brushes, and finishes are included. Register: 1 week before each session
Dates: 9/2, 10/28, 11/11, 11/23 & 12/23
5:30-8 p.m.

Cost: \$4 class/city \$8 class/non-res.

Just for Kicks & Shorin Ryu Karate

Instructor: Fred Payne

Students will be taught and guided through training in the martial art style of Shorin-Ryu Karate. Benefits include self defense, discipline, respect, fitness, mental stability and team work.

Registration: on going

Dates: Tues. & Thurs. beginning 9/13

Time: 5-12 yr. olds 6-7 p.m.

13 & older 7-8 p.m.

Cost: 2 nights/\$55 month City \$110 month/non-res.

1 night: \$40 mo./city \$80 mo./non-res.

Youth Tennis Lessons

Instructor: Rob Hales

New to the tennis world? Played before but need to touch up your skills? These lessons are for you. You will learn the basics of tennis which includes keeping score, backhands, forehands, volleys and serves.

Register by: 9/7

Class dates: Wed., beginning 9/14

Ages 6 & under 5-6 p.m.

Ages 7 & older 6-7 p.m.

Cost: \$5 city \$10 non-res. (per class)

6th Annual

Simon Says Contest

Simon Says "LISTEN UP" and prepare for the 6th Annual "SIMON SAY'S CONTEST". If you've ever played this game it's a barrel of laughs guaranteed! The contest rules are simple: there are 3 different age classes to participate (7-8 yr. olds), (9-10 yr. olds), and (11-12 yr. olds). All participants in each age group will go 3 rounds and try to Out-Listen "SIMON" with a chance to advance into a final round for grand prizes. No matter what, EVERYONE wins a prize. Local celebrities will be there to help judge the contest. Parents don't be scared because you're invited to come along and you might possibly get involved too! For contest info or registration call 704-638-5275. "Simon Says...Sign up Today Before It's To Late!"

Registration deadline: 10/9

No entries accepted after that date.

Contest limited to the first 125 participants.

Cost: \$1 city \$2 non-res.

Date: Monday, 10/10 6-7 p.m.

Eastside Community Club

Halloween Carnival

Ghosts, ghouls and goblins OH MY!

Bring all your friends and family to a safe evening full of free Halloween fun. We'll have lots of cool ghostly games, activities, face painting, hot dogs, drinks and much more. There will be a Halloween Costume contest so be sure to wear your favorite costume. No pre-registration required.

Date: Thursday, 10/27

6-7:30 p.m. no charge

Holiday Placemats

A neat idea for any age

Here's a really neat way to add holiday decorations to your home. Do you have old holiday cards that you've kept for 5, 10 or even 15 years, but they never get taken out of the box? Well now you can use these cards and create your very own holiday placemats for all the family to see! Bring your own cards, however we will have a limited number provided.

Register by: 12/10

Class date: Tues., 12/13 5:30-6:30 p.m.

Cost: \$3 city \$6 non-res.

Parks & Recreation

The Benefits are Endless.....

ADULT/FAMILY PROGRAMS CIVIC CENTER

Salisbury Police Explorer's

Instructor: Kareem Puranda

The Explorer's program is designed to assist ambitious young people who want to become police officers. Your knowledge of law enforcement will be enhanced, and you will be introduced to countless opportunities available in the field.

Register by: 9/2

Dates: 1st & 3rd Thursday of each month beginning 9/15 from 6-8 p.m.

Cost: \$10 registration fee

Puppy Kindergarten

Instructor: Elaine Allman

Elaine is a member of the Association of Pet Dog Trainers and an American Kennel Club Ambassador.

Come and learn how to start your puppy off on the right paw. Begin training now for the desired behaviors that carry on to an adult dog. Lessons include the following: come when called, sit, down, walking on loose leash, housetraining, socialization, biting, chewing, and digging. Puppies must be 12 weeks to 4 months and have appropriate vaccinations.

Register by: 9/2

Dates: Mondays, 9/12, 9/19, 9/26, 10/3,

Time: 5:45 - 6:45 p.m.

Cost: \$25 city \$50 non-res.

(all 4 sessions)

Basic Home Manners for Dogs I

Instructor: Elaine Allman

Elaine is a member of the Association of Pet Dog Trainers and an American Kennel Club Ambassador. This is a six week class that will help you learn how to build a trustworthy relationship with your dog and bring out the dog of your dreams. It's for all dogs 4 months old and up. This class will focus on the basics such as 1)attention 2)sit 3) down 4)stay 5)walking with you on a leash 6)come when called. Dogs must be current on all DHLPP and have a current rabies certificate. Class is limited to first 6 dogs signed up.

Register by: 9/2

Dates: Mondays, 9/12-10/17

9 -10 a.m. or 7-8 p.m.

Cost: \$30 mo./city \$60 mo./non-res.-for all 6 sessions

Pontoon Boat Ride

"High Rock Lake Sites & History"

Instructor: Larry Curlee

Take a Sunday joy ride with use and see the awesome site and history of High Rock Lake in Rowan County. Larry is a resident of over 20 years at High Rock Lake will cruise you in pontoon boat style while captivating your eyes on beautiful historical & celebrity homes as well as giving you and in depth look in to the history and tales of High Rock. This program is limited to 12 participants, so register early before it's too late.

Participants will be transported by city van to and from the Civic Center. Van will leave at 1:45 p.m.

Register by: Wednesday, 9/7

Date: Sunday, 9/11

2-5 p.m.

Cost: \$7 city \$14 non-res.

Fibromyalgia Support Group

If you or someone you know has Fibromyalgia then the Civic Center invites you to join our support group program. The group will meet in Sept. and Nov. to discuss and share new and updated information that surrounds FMS. Our focus is always POSITIVE while exploring and sharing issues and possible solutions that may help you or others ease the every day struggles of Fibromyalgia. Often we have guest speakers at our meetings to provide alternative and helpful lifestyle changes to those affected. Please call and register if you plan to attend the meetings.

Dates: Thursday, 9/29 6-7:00 p.m.

Monday, 11/21 6-8:00 p.m.

Juice Plus Seminar with testimonials

no charge

Fall Community Yard Sale

Its fall again. Time to clean out your closets and garages and get your stuff together to sell at our Fall Yard Sale.

Date: Saturday, 10/1 7 a.m. - 1 p.m.

Tables can be rented for \$10 each.

Space limited -rent your tables today.

The yard sale will happen come rain or shine, hot or cold.

FREE Women Defensive Tactics Class from 11 a.m. - 12:30 p.m.

Women Defensive Tactics

(ages 16 & up)

Instructor: Officer Mike McCart

Basic level self defense, information, and techniques on self defense for women. Make yourself less of a target for crimes like robbery, identification theft, burglary, and others.

Register by: Friday, 9/23 no charge

Date: Saturday, 10/1 11 a.m. - 12:30 p.m.

Cinnamon Scented Ornaments

Are you feeling crafty this holiday season? If you love the aroma of cinnamon, these neat ornaments are for you to dangle of your holiday tree. Why pay for expensive candles & air fresheners when you can make an ornament at half the cost? Bring yourself or the family and get holiday crafty with us.

Register by: 12/1

Date: Monday, 12/5

11 a.m. - noon or 6-7 p.m.

Cost: \$4 city \$8 non-res.

Park Partners 2005



Salisbury Parks & Recreation would like to take this opportunity to express our sincere appreciation to our Park Partners.

Their generous donations and continued support provide funding for brochure printing, event advertising and strong community outreach. Their outstanding dedication to the citizens of Salisbury and surrounding area is greatly valued. Thank you for patronizing our Park Partners.

If you would like to learn more about how to become a Park Partner, please call 704-638-2113.



Granite Quarry
Faith

Rockwell

China Grove

Salisbury

N. Main St.

Jake Alexander Blvd.

Statesville Blvd.

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Kannapolis

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- Full Service Banking
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Mark Lewis

Keith Chalmers

132 E. Innes Street, Salisbury

704-633-3436



Park Partners 2005

Supporting our Youth!



#2019

Spencer Moose Lodge & Family Center

Moose



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Park Partners 2005

Downtown Salisbury, Inc.

Experience over 250 years of history,
great shopping, restaurants, museums, galleries and much more
-and-
enjoy a great night out downtown with live entertainment!

The Lord Salisbury Festival October 6-9

A celebration of the arts, music and history!
Including Lord Salisbury's Night Out, October 7
www.LordSalisburyFestival.com

Holiday Night Out Friday, November 25

Start your holiday shopping in historic Downtown!
Shops open late, Festival of Wreaths, Victorian voices and
plenty of entertainment for the children!

All the Following Saturday Events During the Holidays Are 10 a.m. to Noon:

Max, Grinch & Santa
At the Bell Tower Park
November 26, 2005

Celebration of Angels
Robertson Gateway Park
December 3, 2005

Trolley Treat Tour
Downtown Salisbury
December 10, 2005

Grinch & Santa
Fire Truck Rides
December 17, 2005

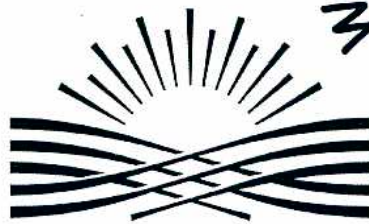
www.downtownsalisburync.com

75 Shops, 15 Restaurants . . .
One Special Place . . .
One Special Season!



Many
thanks to

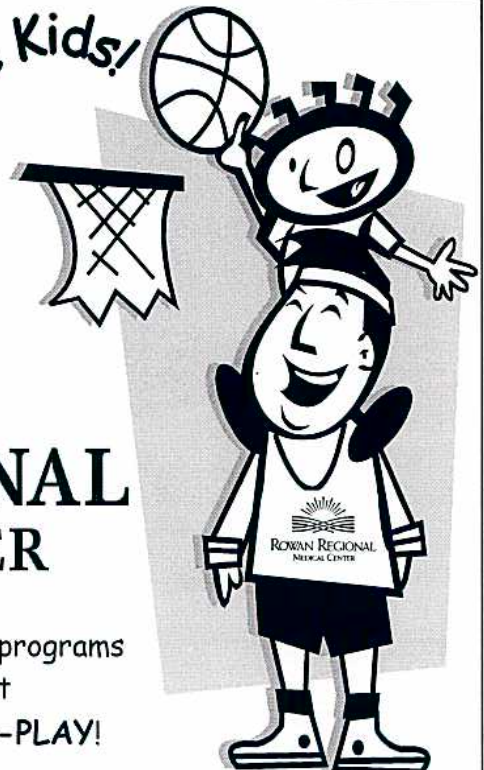
We Love Kids!



**ROWAN REGIONAL
MEDICAL CENTER**

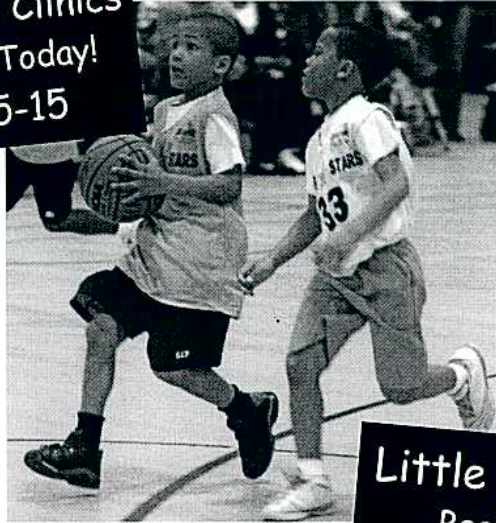
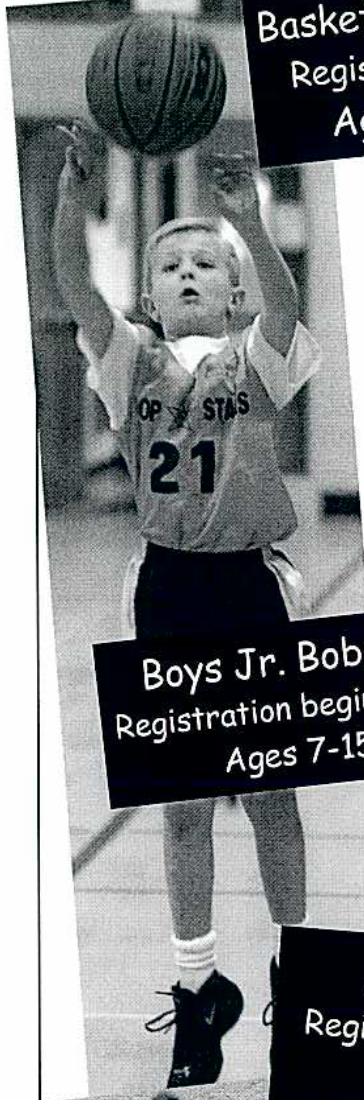
**MVP
Sponsor**
Jr. NBA Boys,
Jr. NBA Coed &
Jr. WNBA Girls
Basketball
Leagues

Salisbury Parks & Recreation offers many exciting programs
and events for all ages! Visit us on the web at
www.salisburync.gov/pkrec or call us at 704-216-PLAY!



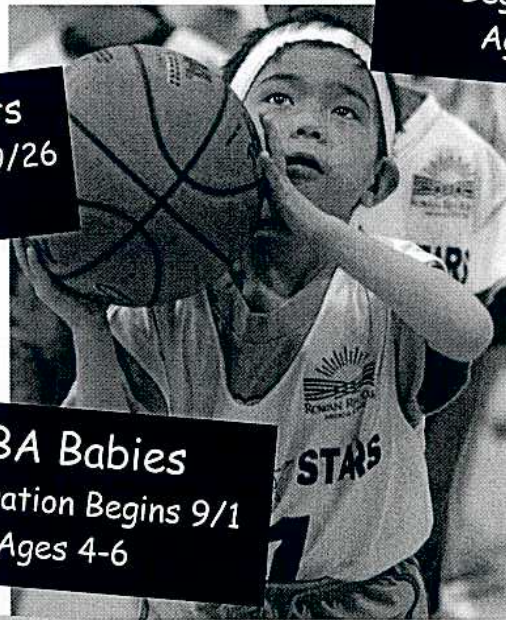
Fall into Fun!

Basketball Clinics
Register Today!
Ages 5-15



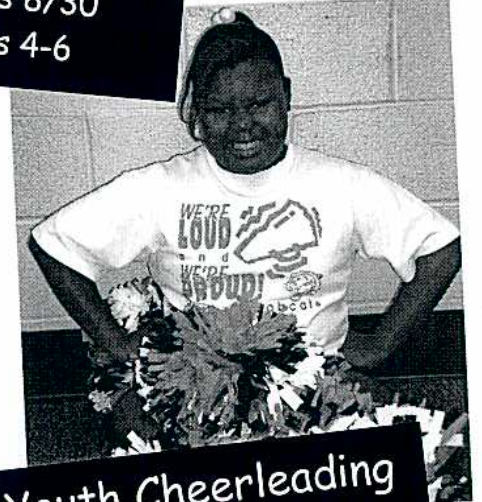
Little Dribblers
Begins 8/30
Ages 4-6

Boys Jr. Bobcats
Registration begins 9/26
Ages 7-15

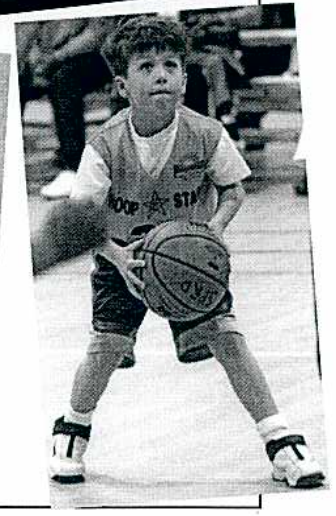
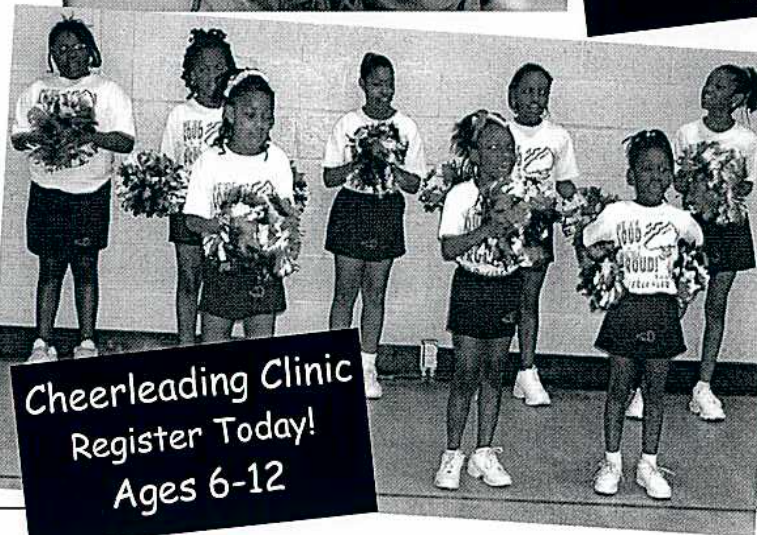


NBA Babies
Registration Begins 9/1
Ages 4-6

Youth Cheerleading
Registration Begins 9/1
Ages 6-12

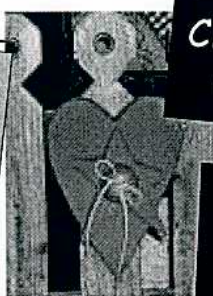


Cheerleading Clinic
Register Today!
Ages 6-12



Great Holiday Gift Ideas!

One Stroke Painting
Register Today!
9/27, 10/4, 11/1 & 12/6

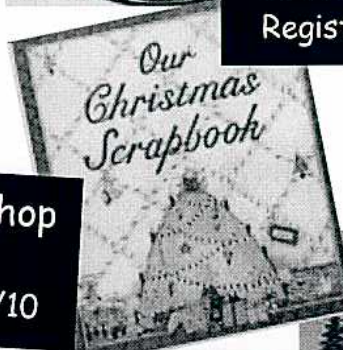


Cinnamon Ornaments
Register Today! 12/5

Knitting Class
Register Today!
10/4, 10/11 & 10/18



Holiday Placemats
Register Today! 12/13



Scrapbook Workshop
Register Today!
9/10, 10/8, 11/12, 12/10

Decorative Crafts for the Holidays!
Register Today! 9/2, 10/28, 11/11, 11/23 & 12/23



Bob Ross Oil Painting
Register Today!
9/7, 10/8, 10/22, 11/5, 11/19, 12/3 & 12/17



Actual class projects will vary from photos shown.. Be sure to ask for project information.

Plan today for family gatherings!



Wedding Receptions



Reunions

Holiday Parties



Rental Opportunities

Civic Center

315 S. Boundary St.

- Multi-purpose room
- Small meeting room
- kitchen

City Park Center

316 Lake Drive

- Multi-purpose room
- 2 meeting rooms
- kitchen

Miller Center

1402 W. Bank St.

- Multi-purpose room
- 2 meeting rooms
- kitchen

Booking up FAST!
Call for reservations
704-216-PLAY

Carolina Shag Lessons I & II

Instructor: Paul Moore

Looking for something fun and exciting this Fall? If you enjoy dancing but just don't know how then come learn Carolina Shag n' Dance.

Developed on the shores of the Carolinas, shag dancing has grown to be very popular and is enjoyed by many, young and old. It doesn't matter if you have rhythm or two left feet. Don't have a partner - that's okay too. You can still learn anyway. I'll teach and walk you through all the steps in a comfortable and easy going atmosphere that's fun for everyone! So convince yourself or your spouse and add some spice to your life! You can't beat the price!

Register by: Wed. 10/12

Dates: Mon. & Tues., 10/17-11/8

Junior beginners (ages 12-18) 5:30-6 p.m.

Beginners I (adult) 6-7 p.m.

Beginners II (adult) 7-7:30 p.m.

Cost: juniors \$5 city \$10 non-res.

Beg. I - \$20 city \$40 non-res.

Beg. II - \$10 city \$20 non-res



FITNESS/ATHLETICS ADULT/FAMILY Civic Center

"Hump-Day" Disc Golf Tournament

This tournament is for all you wild and crazy disc golfers who just want to have some fun to celebrate half a work week gone...or in other words "Hump Day"! We'll play 18 crazy holes of disc golf with challenges on each hole. There are no big prizes but we will have plenty of CPT prizes and a small "shin-dig" cookout afterwards. Register by: Saturday, 10/1 Date: Wednesday, 10/5 6-7:30 p.m. Cost: \$15 city \$30 non-res.

Salisbury Parks & Recreation Bicycle Club

Coordinator: Jerry Shelby

Cool down and ride with the Salisbury Parks and Recreation Bicycle Club. If you love the enjoyment of cycling then we want you to join our fun rides held each week. Safety is a top priority, so helmets are required to ride. If you have questions call Jerry Shelby at 704-636-8482 or Paul at the Civic Center. We also encourage anyone to attend our bi-monthly club meetings.

Club meeting dates: Thursdays, 10/6 & 12/1 at 6:30 p.m. no charge

Ride dates - Before 10/27

Thurs. at 6 p.m., Sat. at 9 a.m. & 1:30 p.m., Sun. at 9 a.m. & 1:30 p.m.

After 10/27

Sat., 9 a.m. & 1:30 p.m.

Sundays 9 a.m. & 1:30 p.m.



Fall Racquetball Ladder Challenge

This September gear up for another variation to our Fall racquetball season. Enter the racquetball ladder league and challenge yourself and other participants. The ladder league provides an opportunity for all players to improve their game by



challenging old and new rivals. The main objective is to see how far up the ladder you can get. There will be an important meeting before the season starts to give you all the rules and details. The ladder will begin in September and end before the Thanksgiving in November. For more info on the Ladder League please call Paul Moore at the Civic Center.

Season Meeting: Thursday, 9/8, 6:30 p.m. Racquetball ladder ranking and schedules will be available at the meeting.

Register by: 9/7

League dates: Mon. - Sat. 9/12-11/19

Cost: \$15 city \$30 non-res.

Fall Shell Shock Racquetball Tournament

If you are a racquetball enthusiast then sign up for this exciting tournament. This tournament will be singles competition with Open, A, B, C/D. Matches will consist of best 2 of 3 with tiebreakers at 11 all (subject to change). Food, refreshments, balls will be provided. Please register early.

Register by: Wed., 11/9

Dates: Saturday, 11/12 beginning at 9 a.m.

Cost: \$15 city \$30 non-res.



Holiday Blood Drive

Save a LIFE!!! Give blood this holiday season. Make a difference. Be a part of our winning team. Child care will be available.

To schedule an appointment of for more info call 704-633-3854 or email the Red Cross at

EMCM@EHDOLEREDCROSS.ORG

Date: Tuesday, 12/6 7 a.m. - 6 p.m.

HALL GYM

704-638-5289

Steve Clark & Randall King

OPEN GYM

1400 W. Bank Street

Come to Hall Gym during our open gym times listed below and just shoot hoops or get into a pick-up game. Work off that excess energy and stress. All ages are welcome. *Hours of operation may vary depending on programs being offered.

Dates: Sept.-Dec.

Mon.-Thurs. 12 - 8 p.m. no charge

Fridays - 12-5 p.m. Sat. - 10 a.m. - 1 p.m.

YOUTH ATHLETICS HALL GYM

Cane Street Stormers

If you're interested in playing street hockey then this is the program for you. If you've played in the past or just beginning you need to come to Hall Gym and play in the Street Stormers program. This program is for every skill level. Sign up now. Youth ages 7-13. Register by: 9/2 Dates: Fridays, 9/2-10/21 3:30-4:30 p.m. Cost: \$5 city \$10 non-res.



Little Dribblers Basketball

(coed ages 4-6)

Its back! An opportunity for boys and girls to learn the basic skills of basketball: dribbling, shooting, passing, defense and more...a great learning experience and lots of fun! Parents can play too!

Register by: 8/30

Dates: Tues. & Thurs., 8/30 -9/8

5:30-6:30 p.m.

Cost: \$10 city \$20 non-res.



Punt, Pass & Kick Competition

(coed ages 8-15)

Here is a memorable competition for boys and girls to show how they can kick and throw the football. Enter the local competition with a chance for winners to advance and compete at a Carolina Panther football game at halftime.

Age divisions: 8-9, 10-11, 12-13, 14-15.

Boys and girls will compete separately.

Register by: 9/18

Date held: Sunday, 9/18

2-4 p.m. at Catawba College

Rain date: Sunday, 9/25

Cost: \$1 city \$2 non-res.

Little Tacklers Football

(coed ages 4-6)

It's back! An opportunity for boys and girls to learn the basic skills of football: running, passing, catching, defense and much more. A great learning experience and lots of fun!

Register by: 9/13

Dates: Tues. & Thurs., 9/13-9/22

5:30 - 6:30 p.m.

Cost: \$10 city \$20 non-res. /all 3 sessions



Youth Basketball Clinic

Time to fine tune your game for the upcoming basketball season. Come out for our Saturday Morning basketball clinic designed for youth ages 5-15 to work on a variety of basketball fundamentals. Clinic is for boys and girls and runs for 6 weeks.

Register by: 9/9

Dates: Saturday, 9/10, 17 & 24

10:30 a.m. - 12:30 p.m.

Cost: \$10 city \$20 non-res./all 3 sessions

Jr. Bobcats Boys Basketball

(boys age 7-15)

Recreational league that strives building character, self-esteem, friendships and teaches teamwork. Teams will be assigned by a pre-season player's placement draft in ages 9-15 for players advancing to next age group or new incoming players. Sign up early due to limited number of participants per age group.

Registration

City Residents only: 9/26-9/30

Open registration begins 10/3-10/21

Cost: \$30 city \$60 non-res.



Jr. Bobcats/Jr. Sting Basketball Clinic
(boys & girls ages 5-15)

Come learn from some of the best. Clinic is open to all boys and girls ages 5-15 planning to participate in this year's Jr. Bobcats/Jr. Sting basketball program. Clinic will be conducted by the Catawba basketball team so come on out.
Date: Saturday, 11/12 10 a.m. - 12 noon
No charge

Jr. WNBA Girls Basketball
(ages 7-15)

Youth Basketball league that will build character, teach teamwork, fundamental basketball skills and great overall learning experience. Sign up early due to limited number of participants per age group. Volunteer coaches needed.

Register: 12/19-1/13

Dates held: Mon., - Sat., Jan. - April

Cost: \$30 city \$60 non-res.

Jr. NBA Coed Basketball
(boys & girls ages 5-6)

Recreational league that teaches kids at a young age the fundamentals of basketball as well as building character, self-esteem, friendships and teaches teamwork. Teams will be assigned by Hall Gym staff. Sign up early due to limited number of participants.

Register: 12/19-1/13

Dates: Mon. - Sat., Jan - April

Cost: \$30 city \$60 non-res.



5th Annual Foster's Prime Steakhouse
Basketball Turkey Shoot

Here is your chance to win a turkey for your Thanksgiving Dinner. The Turkey Shoot tests your skill and accuracy in free throw competition. Everyone will get 20 free throws with the top 3 in each age group advancing to the prize round. Each participant who makes it to the prize round wins something. There will be 4 age groups: 7-9, 10-12, 13-15 & 16 & up.

Register by: 11/19

Date held: Saturday, 11/19 10 a.m.

Cost: \$2 city \$4 non-res.

E.E. Morton Christmas Tournament

Coordinator: Tom McDaniel

Holiday basketball tournament for boys and girls teams ages 10-14. Opportunity for teams to participate in this fun-filled holiday tradition. Call Tom McDaniel at 704-637-1261 for more info.

Dates: Tuesday-Friday, 12/27-12/30

Cost: \$175 team

ADULT /FAMILY ATHLETICS
HALL GYM

Supervised Walking Program

Instructor: Bob Zirt

704-637-3456

The Salisbury Parks & Recreation Dept. & Salisbury Rowan Runners Club invites you to walk the Salisbury Greenway. Our supervised walking program is designed to promote the benefits of walking, exercise



and healthy lifestyles. Walk with others and learn more about our Salisbury Greenway trail as well.

Walk currently begins at 5:30 p.m.

Register: at the walk - Knox Middle School no charge

Dates: Mon., Wed., Friday at 5:30 p.m.

Beginners Running Training Program
Salisbury Rowan Runners Club

This program will be a comprehensive instructional approach to provide new runners will all the info needed to begin the process. There will be 8 weekly sessions with classroom training on nutrition, shoes and other related topics, followed by a workout around City Park. Individual coaching will be provided so that each new runner can progress at his/her own pace. The program will culminate with membership in the Salisbury Rowan Runners club and will include entry in a local 5K race. Speakers and coaches will be members of the SRR Club.

Register by: 9/12

Dates: Tues., 9/13-11/2 6:30-7:30 p.m.

Cost: \$25 payable to Salisbury Rowan Runners Club

Location: City Park Center



Youth Basketball Officials Clinic

Have you ever wanted to become a basketball official for youth ages 7-15? Here's your chance to get the training and earn extra money as part of the game. Participants need to attend all clinic dates to call in the Salisbury Parks & Recreation League.

Register by: 11/6

no charge

Dates held: Sundays, 11/6, 11/13 & 11/20 beginning at 5 p.m.

NYSCA Coaches Certification

Program that will feature vital information for coaches on coaching children, first aid, safety, maximizing athletic performance, organizing fun & interesting practices, techniques on teaching specific skills and a variety of other important areas.

Mandatory for all first year coaches in the Jr. NBA program.

Register by: 11/1

no charge

Dates held: Monday - Thursday

11/7 - 11/10

6-7:30 p.m.

Tanglewood Lights Show

It's that time again, the holiday season. Get your family and friends together and take a trip to Tanglewood to see the light show. Salisbury Parks and Recreation will be taking a van so let's all load up and take a trip.

Register by: 12/12

Date held: Tues. & Thurs., 12/13 & 12/15 6-9 p.m.

Cost: \$10 city \$20 non-res.



MILLER CENTER

704-638-5297

D'Marius Rouse

April Hawkins

YOUTH PROGRAMS

Open Recreation

Miller Center is open for free play. Bring your friends. Enjoy Playstation 2, basketball, checkers, chess, playing cards, computers, music, television, table games, and our playground.

no charge

Fridays beginning 8/26

6-7 p.m.

After School Program

(ages 5-12)

This program is an action packed recreational and educational program designed to meet the needs of the working parent. The program will focus on various activities and will be both fun filled and educational. Don't miss the Miller Rec. afterschool experience.

Registration: on going

Dates: Mon. - Friday during school year 2:30-6 p.m.

Cost: \$20 wk/city \$40 wk/non-res.



Study Pals

Do you have a pesky problem in class that you just can't answer. Well, let us try! Miller Center will have a Study Buddy group every Monday when the school year begins. This group will help you in reading, math, social studies, and science. Come out and let's work it out together.

Registration: on going

Dates: Mondays beginning 8/29

4-5 p.m.

no charge

Little Bonni's Ninjas

Instructor: Bonni Ernst

This activity is designed to teach the fundamentals of Tae Kwon Do through strengthening the body, increasing physical coordination, flexibility, balance and mental acuity. If you are between the ages of 4-12 yrs. old and want to learn martial arts in a team oriented environment, this is for you!

Register by: 8/26

Dates: Mondays beginning 9/5

Cost: \$30 mo./city \$60 mo./non-res.

\$80 registration fee (includes uniform and 1st belt) 25% off tuition to 1st 15 people that register.

Youth Cheerleading Program

This program is designed for youth 6-12 years old. Come learn the fundamentals of one of the most popular sports out today. Learn new cheers, meet new friends, and cheer your team to victory. IF you got what it takes, "BRING IT ON".

Register: 9/1-10/10

Cost: \$30 city \$60 non-res.



NBA Babies

Calling all 4 and 5 yr. olds. Are you the next Michael Jordan or Tim Duncan? Well now is the time to see, as we introduce our 4 and 5 year old only

basketball league. All applicants must be either 4 or 5 years old at the time of registration. This league is designed to teach the fundamentals of basketball in a team atmosphere. The league will be officiated with rules and regulations. Come out and join our team. Volunteer coaches needed. Register: 9/1-10/10 Practices begin in Nov. and games begin in Dec.

Cost: \$30 city \$60 non-res.

College Tour

(Johnson C. Smith University)

This program is designed to show teens what it is like on a college campus. The program will give the participant the ability to tour a college campus, answer any questions they may have about going to college, and see what it's like to live on a college campus. The participant will also receive valuable info needed to attend a college or university. Register by: 9/12 Date: Saturday, 9/17 12 noon - 4 p.m. Cost: \$8 city \$16 non-res.

Cheerleading Clinic Session I

We have spirit yes we do, we have spirit how about you? If the answer is yes, then this is for you. Miller Center will sponsor a clinic for all cheerleaders. The clinic is open to the first 20 cheerleaders that enroll. Learn various forms of cheerleading, while also learning flexibility techniques & keeping in shape. Register by: 9/19 no charge Date: Saturday, 10/1 9 a.m. - 12 noon Donations will be accepted to support Miller Center cheerleading program.



Kids

School's Out Fun Days

((ages 5-12))

Join us at Miller Center for our schools out fun days. Bring your child to us and we'll make sure they have days loaded with fun. We have new computer games, outdoor play structure, local trips and much more. Register: 1 wk. prior to date Dates: Monday, 10/3, Monday, 10/31, & Friday, 11/11 7:30 a.m. - 5:30 p.m. Cost: \$15/day city \$30 day/non-res.

Thanksgiving Carnival

Come out and enjoy games, face painting, arts & crafts, food and fun. This carnival is for ages 5-12 and you don't want to miss this. Door prizes will be given away. Date: Tuesday, 11/22 6-8 p.m. Cost: \$2 city \$4 non-res.



Holiday Camp

Parents are you looking for something fun and exciting for your kids to do while they are out of school for the holidays. Our holiday camps are just what you are looking for. These camps will have fun and educational activities that your kids will enjoy. Parents must provide snacks and lunch. Register by: 12/13 Dates: 12/23 7:30 a.m. - 5:30 p.m. Cost: \$12 day/city \$24 day/non-res.

New Year's Camp

Dates: 12/28, 12/29, 12/30

Cost: \$36 city \$72 non-res. (all 3 days)

ADULT/FAMILY PROGRAMS

Miller Center

West End Community Garden

The public is welcome to join us Friday mornings 10 a.m. - 11:30 a.m. Master Gardeners can help with specific questions or problems you are having in your garden. We will work on various aspects of urban gardening which include: composting, raised bed gardening, butterfly gardening, bog garden, small fruits, enabled gardening and traditional vegetable gardening. We also offer workshops and special events. Call Master Gardeners @ 704-633-0571 ext. 211.

Dates: Fridays, during Aug. & Sept. 10 - 11:30 a.m. no charge Brenner Ave next to railroad tracks

Miller Center Super Senior Social Organization

Coordinators: Samuel Williams & Evelyn Clayborn

Join this lively bunch of seniors as they do everything from arts and crafts to trips out of town. This group puts new meaning to the words having fun all year round. Spend your mornings learning new things and meeting new people.

Dates: every Thursday 10:30 a.m. - 12 noon no charge

Red Hat Society

Come out and socialize with these smart, fun loving, and sisterly bunch of women. This distinguished group loves to travel, have local luncheons, and meet for various functions. Don't waste your time sitting around the house; join us for fun and socialization. Members cover their own expense. Call Miller Center for details.

Silver Arts

Coordinator: James Donaldson Calling all adults and seniors! Miller Center will be hosting art classes for adults of all ages. This class will teach some of the basic forms of art and painting. This is a six weeks class and we guarantee you will enjoy it. The class is limited to the first 25 sign-ups.

Register by: 9/6

Dates: Thursdays beginning 9/22 9:30 - 10:30 a.m.

Cost: \$10 for 6 week session/city \$20 for 6 week session/non-res.



Spoiled Rotten Bingo Day

This bingo day is not your ordinary bingo. The winner of each bingo games will receive gifts donated by area businesses. These gifts include free massages, food coupons, gift certificated, and more. Come out and let's play bingo and let the staff of Miller Center spoil you!

Date: Thursday, 11/3 10 a.m. - noon

Senior Social

Join the Miller Center staff as we celebrate a day of fun, food, music, and prizes to all surrounding seniors in our community. This occasion encourages you to put on your casual clothes, your dancing shoes, and your fancy hats. Join us for a day you won't forget.

Date: Saturday, 11/5 12 noon - 3 p.m.

3 Easy ways to register...

1. Stop by in person at City Park Center, Miller Center, Hall Gym or Civic Center

2. Mail payment to:
Salisbury Parks & Recreation
P.O. Box 4053
Salisbury, NC 28145-4053

3. Visit us on line at:
www.SalisburyNC.org/PkRec



Don't Let Gas Prices Get Down, PARK IT

At Salisbury Parks & Recreation PARK SITES

Cannon Park	600 Park Ave
City Park	316 Lake Drive
Fairview Hgts	Harrell Street
Forest Hills	230 Grove Street
Greenway	Old Mocksville Rd.
Jersey City	709 W. Kerr
Kelsey Scott	1920 Wilkesboro
Long Street	1515 N. Long St.
Morlan Park	525 Carolina Blvd.
Oakland Hgts	1301 Longview Ave
Towne Creek	315 S. Boundary
Salisbury Community Park	
935 Hurley School Road	

OTHER FACILITIES

Sports Complex	1113 Walnut Street
Lincoln Pool	110 Old Concord
Maintenance	818 S. Boundary

Visit us on the web at:



www.SalisburyNC.org/pkrec

Shelter reservations for City Park, Kelsey Scott Park and Salisbury Community Park can be made by calling the Administrative Office no later than 1 week in advance. There is a \$10 reservation fee and additional fees for electricity.
704-638-5291